

Infection Control



- Practice proper hand washing by using soap and warm water and rubbing your hands really well for at least 15 seconds. Turn off the water with paper towel.
- Or, if your hands do NOT look dirty, clean them with an alcohol based hand sanitizer. Rub the sanitizer all over your hands especially under your nails and between your fingers, until your hands are dry.
- Clean your hands before touching or eating food. Clean them after you use the bathroom, take out the trash, change a diaper, visit someone who is ill or play with a pet.
- Cover your mouth and nose when you sneeze or cough. Use a tissue, throw it away after use and then clean your hands. If you don't have a tissue, cover your mouth and nose with the bend of your elbow or hands. If you use your hands, wash them right away.
- Wash linens and bed cloths that have been soiled with body fluids promptly. Wash these items separately in water with detergent and bleach.
- Place soiled, disposable medical supplies such as gloves, pads and dressings in a plastic bag, fasten securely and then place them in a plastic trash bag.
- Place needles, syringes and lancets in a hard plastic container such as a #1 PETE soda bottle. When container is $\frac{3}{4}$ full, seal the lid with heavy duty tape, put a label on the container indicating that it contains needles and is not for recycle, and simply place the container in your trash (unless instructed otherwise by your health care provider). Pre-made labels may be available from the VNA, your local Pharmacy or doctor's office. If not, call the Chittenden Solid Waste Hotline at 872-8111.